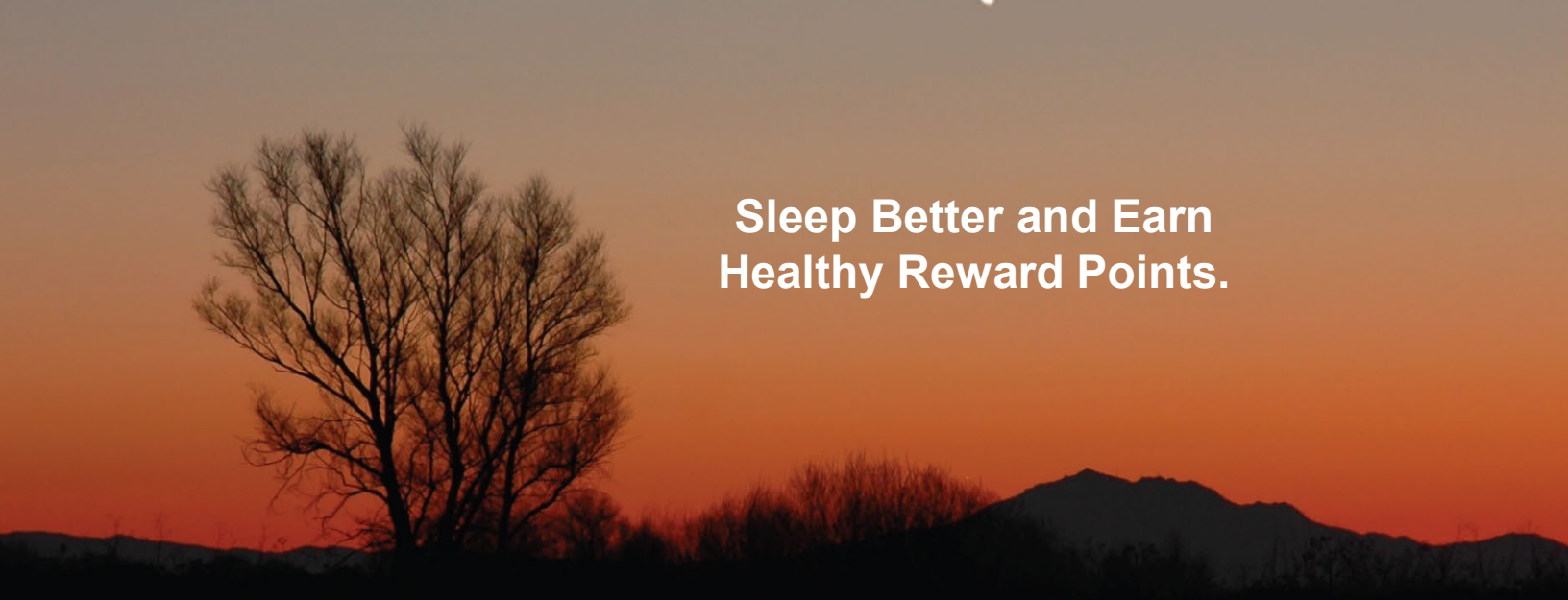


Sleep Better and Earn Healthy Reward Points.

Join this four-week self-guided sleep challenge to explore simple techniques and healthy habits that can help you achieve your sleep goals.

SLEEP SMART CHALLENGE

- Challenge begins: Nov. 3, 2026
- Enroll on the wellness portal: Oct. 20 – Nov. 3, 2026
- Complete the challenge by Dec. 1, 2026, to earn 5 Healthy Rewards points. Points are awarded automatically; no exceptions to the deadline.

To enroll and participate in the challenge, log in to your wellness portal**:**
www.workforcehealth.org/cityofmilwaukee

Questions? Contact Workforce Health at 414-777-3410 or email cityofmilwaukee@froedtert.com

WELLNESS YOUR CHOICE MILWAUKEE

HEALTHY REWARDS
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